

The Time Map

RAISING COMPLEX KIDS CANADA

A companion to the video

"Your ADHD kid isn't stalling — the future is invisible to him"

Your child can't reliably **feel time** — the future is invisible to him until it's an emergency. You can't remind that sense into existence. You can only take time out of your head and put it **where his eyes can reach it**. This page turns your reminding into his system.

How to use this page: pick your ONE worst transition — or the project that's coming — and fill it in on a calm day. Then put it where he works: the counter, the desk, the fridge. You stop being the clock; the wall becomes the clock.

1 Pick the one thing — name the fight, don't fix everything at once

THE TRANSITION WE FIGHT ABOUT MOST

the morning launch · the homework block · bedtime · the project due Friday

2 Give it a visible budget — he needs to SEE time shrink, not read a number

WHAT THIS TASK IS

THE TIMER HE CAN WATCH EMPTY

MINUTES ON THE TIMER

a wedge of colour draining, a bar shrinking — a prosthetic for a sense he doesn't have, not a punishment

3 Warn the future in — a countdown he can watch coming, not one "five minutes!" that lands like a shock

FIRST WARNING — WHEN THE TIMER TURNS...

LAST CALL — WHAT HAPPENS THEN

e.g. "When this turns red, shoes on." You're not nagging — you're letting the future arrive gradually, the way it already does for you.

4 The project that isn't due yet — walk the deadline backwards into now-sized pieces

Tonight

just pick the topic

Tomorrow

find three sources

Day after

one paragraph

Then...

one small step a day

Each step small enough to live in NOW — because now is the only place he can actually work. Big-and-later is invisible to him; small-and-today, he can do.

What NOT to do — every single time

Don't remind him it's coming. The reminder just bounces off a future he can't feel.

Don't say "hurry up." Give him something to watch instead — the timer does the pushing.

Don't keep the clock in your head. Every reminder keeps time yours; move it onto the wall so it becomes his.

He will probably never feel five minutes. **But he can see them now — and that turns out to be enough.**

Stick this where he works. You stop being the siren; the clock on the wall becomes the siren. For information only — not a substitute for care from your own child's doctor.